



# Fah Lanna Spa

## Massages

### Traditional Thai Massage

400 Baht/hour

*Thai massage involves stretching and deep massage using pressure along the meridian lines of the body to ease muscle and joint tension.*

### Thai Balm Massage

700 Baht per hour

*Traditional Thai massage using a herbal balm applied to the main muscle groups for its heating effect.*

### Aromatherapy Oil Massage

1,100 Baht per hour

*A gentle and soothing massage using essential oils to cleanse and freshen your skin. The use of essential oils promotes healing, well-being and relaxation.*

### Reflexology Foot Massage

600 Baht per hour

*Excellent for tired feet after a long day's walk to reduce stress and improve circulation. This natural healing therapy promotes the body's own healing process by stimulating corresponding body-zones on your feet.*

### Head, Back and Shoulder Massage

700 Baht per hour

*Using techniques of the traditional Thai massage with a focus on the head, back and the shoulders. Although working on the whole body, the focus on the back and the shoulder is one of the quickest way of relieving both stress and inner-body tension.*

### Hot Oil Massage

1,100 Baht per hour

*A soothing and relaxing massage with heated oil that reduces tension of the muscles and helps to tone and condition them.*

### Moisturising Cream Massage

1,100 Baht per hour

*A soothing and relaxing body massage using moisturizing body cream leaving your skin nourished and soft. Skin is able to absorb cream better than oil and leaves the body less greasy.*

### Aloe Vera Massage

1,100 Baht per hour

*Aloe Vera contains many healing and cooling properties and is a very useful natural element to treat our skin. Aloe Vera contains a rich source of amino acids, vitamins A, C, F, B, and Vitamin B12. We especially recommend it for sunburns.*

### Thai Herbal Massage

1,200 Baht per hour

*Thai Herbal Heat therapy uses a steamed herbal pouch (Lok Pra Kop) that is pressed over the body. A selection of herbs wrapped in a natural cotton cloth is steamed and then applied to the body to invigorate the effect on the body and mind, giving your energy levels a boost.*

### Tok Sen Massage

1,300 Baht per hour

*Tok Sen is a northern Thai (Lanna) style massage only found in Chiang Mai. Its therapeutical emphasis on the meridian lines is based on ancient Lanna wisdom and aims to clear blocked energy using a special wooden instrument to ease muscle tension using mechanical and sound vibration, working deeply through tissue and muscles. Tok Sen therapy relieves muscle aches and pains, relieves energy blockages, helps poor circulation and nerve problems.*



# Fah Lanna Spa

## Treatments

### Fah Lanna Karma (Reiki Healing)

1,900 Baht / 60 minutes

Reiki stems from two Japanese words: Rei means "The Higher Power" and Ki means "life force energy". Reiki is a technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an "life force energy" flows through us.

One of the greatest Reiki healing health benefits is stress reduction and relaxation, which triggers the body's natural healing abilities, and improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and well being to the recipient.

### Aromatic Herbal Steam

600 Baht / 30 minutes

The Aromatic Herbal Stream opens skin pores and decongests the lungs as you relax and rejuvenate in our Lanna Steam Room. The Aromatic Herbal Steam will help remove toxins for your body, promote weight loss, relieve respiratory ailments such as asthma, bronchitis, sinusitis, relieve muscle tension and stiff joints, reduce stress, and improve blood circulation. It's also believed to boost the immune system and reduce cellulite.

### Fah Lanna Skin Polish Body Scrub

1,200 Baht / hour

This natural body scrub exfoliates by removing dead skin cells, oils and toxins that the skin does not allow to pass through. It stimulates the skin and improves circulation which is believed to have a positive effect on the body's immune system. Your skin will feel replenished, soft and smooth.

### Body Mask

1,200 Baht / hour

A mask infused with herb- and plant extracts applied to your body to detoxify the skin, leaving it feel fresher, softer and smoother.

### Facial Treatment

1,000 Baht / hour

This five step facial treatment consists of cleansing the skin, a gentle natural scrub, a facial massage, a natural mask, and a natural moisturizing treatment. It cleans and revitalizes your skin leaving it fresh, smooth and glowing.

### Exfoliating Foot Scrub

800 Baht

A scrub that removes dead and hard skin leaving your feet soft and smooth.

### Smooth as Silk Hair Cream Bath

900 Baht / 1.5 hours

Hair Shampoo followed by Head-, Neck and Shoulder Massage with the application of Fah Lanna Hair Cream Bath, followed by Shampoo & Blow Dry

### Manicure & Pedicure

800 Baht



# Fah Lanna Spa Packages

## Siam Massage

*Reflexology Foot Massage followed by a Traditional Thai Massage* 900 Baht / 2 hours

## Fah Lanna Foot treatment

*An Exfoliating Foot Scrub followed by a Reflexology Foot massage* 1,200 Baht / 2 hours

## Siam Herbal

*Traditional Thai Massage followed by a Thai Herbal Massage* 1,400 Baht / 2 hours

## Fah Lanna Relaxation

*Reflexology Foot Massage followed by Aromatherapy Oil Massage* 1,500 Baht / 2 hours

## Fah Lanna Healing

*Aromatic Herbal Steam followed by a Traditional Thai Massage and Aromatherapy Oil Massage* 1,900 Baht / 2.5 hours

## Fah Lanna Traveller's Retreat

*Reflexology Foot Massage followed by a Traditional Thai Massage and Aromatherapy Oil Massage* 1,900 Baht / 3 hours

## Fah Lanna Northern Style

*Reflexology Foot Massage, followed by a Traditional Thai Massage and a Tok Sen Massage* 2,100 Baht / 3 hours

## Fah Lanna Natural Glow

*Fah Lanna Skin Polish Body Scrub followed by Aromatherapy Oil Massage* 2,100 Baht / 2 hours

## Fah Lanna Oriental

*Fah Lanna Skin Polish Body Scrub followed by Aromatherapy Oil Massage and a Facial Treatment* 2,900 Baht / 3 hours

## Fah Lanna Tropical

*Fah Lanna Skin Polish Body Scrub followed by a Body Mask and an Aloe Vera Massage* 3,300 Baht / 3 hours

## Fah Lanna Radiance

*Aromatic Herbal Steam followed by a Fah Lanna Skin Polish Body Scrub, Aromatherapy Oil Massage and a Facial Treatment* 3,600 Baht / 3.5 hours

## Fah Lanna Pure Bliss

*Aromatic Herbal Steam followed by a Fah Lanna Skin Polish Body Scrub, Herbal Bath, Aromatherapy Oil Massage and a Facial Treatment* 4,100 Baht / 4 hours

## Fah Lanna Nirvana

*Aromatic Herbal Steam followed by a Fah Lanna Skin Polish Body Scrub, Body Mask, Herbal Bath, Aromatherapy Oil Massage and a Facial Treatment* 5,200 Baht / 4 hours



# Fah Lanna Spa

## Waxing

Lip waxing	400 Baht
Chin waxing	400 Baht
Eyebrow waxing	400 Baht
Underarm waxing	600 Baht
Bikini waxing	1,000 Baht
Brazilian waxing	1,500 Baht
Back waxing	1,000 Baht
Arm waxing	900 Baht
Half leg waxing	900 Baht
Full leg waxing	1,500 Baht

*We are children of the North, the former kingdom of Lanna. We appreciate our arts and culture and love nature, our rice paddies and the mountains. We enjoy seeing people happy, their faces adorned with beautiful smiles. All this contributed to something that we built with love.*

*It is called Fah Lanna Spa*

How was  
your visit?

When you get home,  
please rate us on TripAdvisor.  
[www.fahlanna.com/testimonials](http://www.fahlanna.com/testimonials)  
[www.tripadvisor.com/reviewit](http://www.tripadvisor.com/reviewit)

Fah Lanna Spa



rated excellent on

